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# GRIST FOR THE MILL

Dear Eater,

Clink, Clink!

That's the sound of us toasting *Edible Iowa River Valley's* fourth issue, and the close of our first year! We think it's been delicious so far and our thanks go out to all of you for helping to make it so! You read us cover to cover, save each issue with your cookbooks, share the magazine with friends and family, and support our local advertising partners—all in the name of Iowa's local foods, season by season. Thank you for making year one so much fun!

What's a celebration without ice cream? In this issue of *Edible Iowa River Valley*, Eugenia Gratto invites you to beat the heat in three Iowa towns with their best ice creams. You'll also read about how Leah Wilson steels herself for summer and the season's inevitable tomato glut by canning. Newcomer Michael Knock is here with a back-to-school story, and Katie Roche returns with some apple cider stories. Brian Morelli journeys to the town of Fairfield and has the goods on what's good. Meanwhile Anna Wilson traipses off into the woods with Wapello farmer Tom Wahl to answer the question, "What exactly is a paw paw?" and Sue Futrell rounds up some Muscatine melons.

Once you've settled in, check out what's been going on with local food advocacy organizations such as Buy Fresh – Buy Local and the Johnson County Local Food Alliance. You can also fill out your summer recipe collection with our series *This Season: Week by Week* (the entire series is on line at [www.EdibleIowa.com](http://www.EdibleIowa.com)). And when in Des Moines, make certain you visit all the wonderful ethnic markets the capitol city has to offer. That, and more, is in this issue.

As our first birthday approaches in October, we want to hear from you about those hidden gems of eastern and central Iowa that no one knows about, but should. The ones that make you proud to eat, live, play and visit Iowa. Got a picture of the local food, rural agriculture, or environmental scene in eastern or central Iowa? Send us these images for our upcoming community slide show at Iowa City's Englert Theater on September 7. How about a tip on the farmhouse baker with the authentic German rye, or the great grandmother's special recipe for ground cherry jam or the Iowan dessert wine you can't live without? Tell us about it by joining our table at [Info@EdibleIowa.com](mailto:Info@EdibleIowa.com) or visiting us on line at [www.EdibleIowa.com](http://www.EdibleIowa.com). Your opinion, your knowledge and your pride matters to us, and we want you to help us make each issue your go-to guide for Iowa's freshest, most delectable food.

So enjoy the summer, enjoy the summer issue, and we'll be harvesting our next issue (and the start of year two!) in late October.

With Relish,  
Kurt & Wendy

*edible*

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